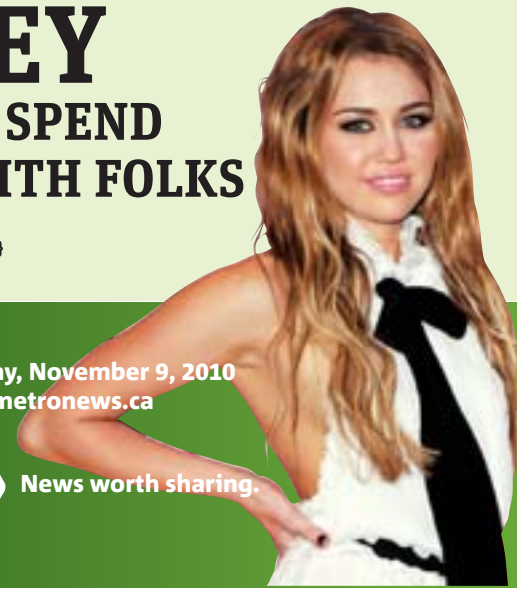
DON'T RUSH YOUR BREAKFAST
NO NEED TO EAT FIRST THING {page 12}

SKILLET STEAK AND CORN
ADD RICE AND YOU'VE GOT DINNER {page 13}

MILEY
STAR TO SPEND B-DAY WITH FOLKS
DISH {page 11}



VANCOUVER
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Tuesday, November 9, 2010
www.metronews.ca
News worth sharing.

Quaid. In limbo

▶ Randy Quaid exits his immigration hearing in downtown Vancouver yesterday morning.

STEPHANIE ORFORD/FOR METRO

Quaid hearing postponed

"I love Canada!" called Quaid as his car pulled away from the hearing, which will determine whether he is inadmissible to Canada. Quaid, who was arrested last month in Kerrisdale, has applied for refugee status. His hearing has been postponed until Nov. 23.

Plamegate goes to Hollywood

Watts, Penn star in feature about outed CIA agent {page 10}

'She has paid a very dear price'

Carol Berner breaks silence, apologizes for killing girl {page 3}

6 years for assault on gay man

▶ Woodward unremorseful for actions, motivated by 'virulent homophobia': Judge ▶ Gay friend describes attacker as 'upstanding and productive'

VANESSA YEE
VANCOUVER@METRONEWS.CA

A Vancouver man was sentenced to six years in prison yesterday for aggravated assault against a gay man.

In the sentencing, Judge Jocelyn Palmer described 37-year-old Shawn Woodward's actions as being motivated by "virulent homophobia."

The judge cited Woodward's friends as saying the attack was out of character. They added that his current state of depression was an "expression of (his) regret and remorse" for his actions.

Friends and family of Richard Dowrey celebrated outside the courtroom after the sentencing, satisfied with the judge's ruling.

Lindsay Wincherauk, a close friend and witness to the attack, said Dowrey "has no recollection of today, yesterday (or) years before. He's not the same person ... It's as if he kind of died on that day. He's not the same."

Jennifer Breakspear, a supporter of the gay community, said she hoped this ruling would help the Crown take hate crimes against the LGBTQ population more seriously.

"(Hopefully) people will think twice before acting out of hatred against (the) community," she said.

Dowrey was attacked at the Fountainhead Pub on Davie Street on March 13, 2009, while celebrating his retirement. He was violently knocked unconscious after Woodward punched him in the head.

The assault left him with a permanent brain injury, rendering him unable to care for himself.

Woodward previously claimed that Dowrey had made unwanted advances towards him, including one incident where he said Dowrey grabbed his crotch.

Woodward was also sentenced with a prohibition against firearms.

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KRISTEN THOMPSON/METRO

▶ Laurel and Michael Middelaer speak to reporters outside Surrey Provincial Court yesterday.

She's not a monster, says Berner's niece

Berner was set to be sentenced yesterday ◐ She will instead learn her fate on Friday ◐ Crown is asking for three to five years in jail, while the defence is pushing for a suspended sentence and a fine

KRISTEN THOMPSON
@METRONEWS.CA

Carol Berner broke her silence for the first time yesterday when she took the stand to apologize for running over and killing a Delta girl, then began hyperventilating, was given first aid and escorted from the building.

The mother of three had sat quietly through six victim-impact statements during her sentencing hearing in Surrey Provincial Court as Alexa Middelaer's family said how their lives have changed since Berner killed the four-year-old in 2008.

She was convicted in July of drunk driving causing death and bodily harm.

Berner's niece testified that the media vilified her aunt to such an extent that she was afraid for her safety and tried to commit suicide. "She could not deal with the anguish of knowing what she'd done," Kendra Voth said. "She's just been made into this monster."

Berner's lawyer David Tarnow said his client has lost friends and the community has shunned her.

"She has paid a very dear price for what occurred," he said.

Crown counsel Kimberly Wendel argued Berner's sentence should reflect the community's demand for harsher drunk-driving sentences.

"This was not an accident or error in judgment, but a crime," she said.

MORE COVERAGE, PAGE 4

For Metro's full coverage of the hearing, visit metronews.ca/vancouver.

Excerpts from statements read by Alexa's family in court

"(This has been) a nightmare that will stay with my family and I forever."
DAPHNE JOHANSON, AUNT, INJURED IN CRASH

"The horror of that scene has followed me. One of us is missing, leaving an empty space in our midst."
JOHN MIDDELAER, GRANDFATHER

"I have a gaping hole in my heart. To see my baby holding her dead baby was (something) I will (carry with me) always."
LYLA STEVENS, GRANDMOTHER

"I worry that our family has been changed too much. We are not very happy anymore. Why did she ruin a perfectly good family?"
CHRISTIAN MIDDELAER, BROTHER, 10

"I dream of her laying lifeless under the tree. I would gladly still be at ... hospital wiping blood from her nose, because then I'd still have her."
LAUREL MIDDELAER, MOTHER

"I wake up every morning needing to be stitched together, clinging to the desperate hope that I'll stay whole in the minutes and hours that tick by."
MICHAEL MIDDELAER, FATHER

1 news

Gordon Pinsent shocked by popularity of video starring him reading Justin Bieber's memoir. Scan code for story.

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small says life is very good in an investor-friendly market. More at metronews.ca/investing.

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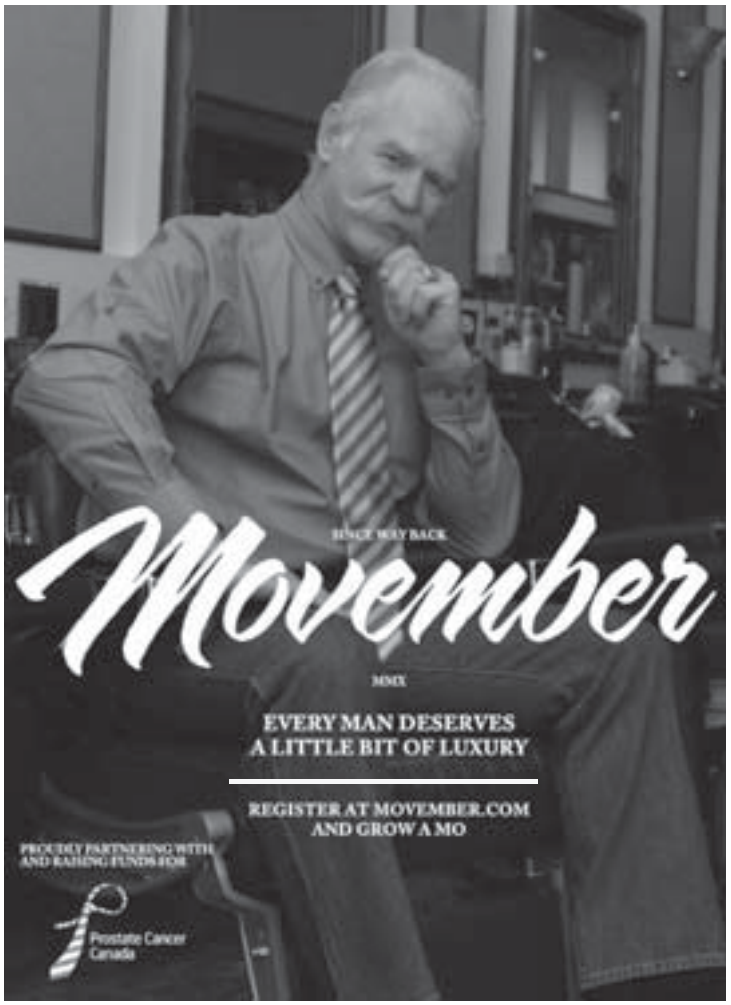

News in brief

Canvassers being probed

HST. Seven anti-HST campaign petitioners are being investigated by the RCMP after it was revealed that 2,241 people signed a petition to kill the HST more than once. If convicted, the seven canvassers could face a fine upwards of $10,000 and/or up to two years imprisonment.

SARAH N. FITZGERALD

Man hit with luring charge

ONLINE. Robert John Harmsworth, a 26-year-old Surrey man, has been charged with luring a child under 14 via the Internet.

Harmsworth was caught allegedly exchanging emails with an undercover vice investigator posing as a young girl.

SARAH N. FITZGERALD

Could drunk driving laws be eased up?

Police can hand out hefty fines or impound cars if driver has blood alcohol content above .05

Solicitor General Rich Coleman says he's pondering whether to water down British Columbia's tough new drinking and driving rules.

The new rules have only been in place since September, but B.C. bars and restaurants say business has dried up since the law was changed.

Coleman said he hasn't made up his mind about changing the law, but is planning a provincewide blitz this holiday season to let British Columbians know that it's still OK to have a drink out on the town.

"Sometimes you get the urban myth that gets momentum and people start talking about that you can't even have one drink because you'll fail on the instrument," said Coleman.

"That just goes through the public like wildfire."

THE CANADIAN PRESS

Discretion

Solicitor General Rich Coleman says that officers have some discretion around a blood alcohol level of .05, meaning that not every case is guaranteed to be punished.

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WHAT NOT TO WEAR
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metro
News worth sharing.

Clashes in Myanmar drive thousands out

Following weekend elections that were decried by U.S. President Barack Obama as unfair and repressive, ethnic rebels clash with government troops

Mothers carrying babies and grown men hoisting elders on their backs fled Myanmar with 15,000 countrymen yesterday as ethnic rebels clashed with government troops a day after an election widely considered a sham to cement military power.

Fighting raged at key points on the Thai border, wounding at least 10 people on both sides of the frontier as stray shots fell into Thai territory.

It was Myanmar's first election in two decades, billed by the ruling junta as a key stage in its self-proclaimed road to democracy. The country has been ruled by the military near-continuously since 1962.

In the heaviest clashes, Karen rebels reportedly seized a police station and post office Sunday in the Myanmar border town of Myawaddy.

Thai officials said late yesterday that fighting had quieted and government troops had regained control of Myawaddy.

The fighting threatened to overshadow electoral developments, which include mounting chagrin on the part of anti-government parties over what they charge was blatant cheating on behalf of the military's chosen candidates.

The junta-backed Union Solidarity and Development Party was certain to win an overwhelming number of seats. It fielded 1,112 candidates for the 1,159 seats in the two-house national parliament and 14 regional parliaments. The largest anti-government party, the National Democratic Force, contested just 164 spots. THE ASSOCIATED PRESS

Obama

- Visiting New Delhi, U.S. President Barack Obama said it was unacceptable for Myanmar's government to "steal an election" and hold its people's aspirations hostage to the regime's greed and paranoia.
- Obama said leaders in countries like the U.S. and India have a responsibility to condemn such gross violations of human rights. He was speaking before India's parliament.

APICHART WEERAWONG/THE ASSOCIATED PRESS

▶ A Myanmar man and his son received rice at the Border Patrol Police base in Thailand's Mae Sot town yesterday following fighting between Myanmar soldiers and ethnic Karen fighters.

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CRUISE roundtrip Miami and visit Nassau, Half Moon Cay & Grand Turk.

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CRUISE roundtrip San Diego and visit Los Cabos, La Paz, Puerto Vallarta & Mazatlan.

Vacations

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INCLUDES 10 nights Surfers Paradise accom & 2 nights Darling Harbour accom.

Cook Islands Air + 12 Nights from $1569 + taxes & fees $335
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North America

Las Vegas Air + 3 Nights from $298 + taxes & fees $115
INCLUDES accom on the Strip. ADD Vegas Passport Ultimate Club Hopping pass from $133.

Tofino 2 Nights from $149 taxes & fees included
INCLUDES accom close to town & surfing beach.

San Francisco Air + 4 Nights from $379 + taxes & fees $115
INCLUDES central accom. ADD city tour and bay cruise from $69.

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INCLUDES accom close to attractions & 4-day economy car rental with unlimited mileage. ADD winery tour from $129.

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$1 trillion — that's our mortgage debt

Industry report finds Canadians still favour fixed-rate mortgages

Canadian mortgage debt has spiked to over $1 trillion, largely as a result of high home prices and low interest rates, according to a report by Canada's mortgage industry.

The value of outstanding mortgages is now 7.6 per cent higher than it was last year, the Canadian Association of Accredited Mortgage Professionals said in its annual report released yesterday.

The report says higher prices have forced many Canadians to borrow heavily to finance home purchases.

Canada's housing market has been on a tear for much of the past year after the Bank of Canada sent its trend-setting policy rate to an emergency low of 0.25 per cent to stimulate borrowing and consumer spending.

Buyers, spurred by easy access to relatively cheap borrowing, rushed into the market and competed aggressively for homes, which drove prices to record highs.

The market has been cooling in recent months as many sales were pushed ahead to the beginning of the year in advance of tighter mortgage qualification rules, a new tax regime in B.C. and Ontario and higher interest rates.

Report findings:

Most homeowners are comfortable with their level of mortgage debt.

- **About 84 per cent** said they could afford at least a $300 increase in monthly mortgage payments.
- **About six per cent** of Canadian mortgage holders, however, would be challenged by rate rises of less than one per cent.

Meanwhile, the Bank of Canada's policy rate has been hiked three times to one per cent, still historically low.

The low interest rate environment has enabled some consumers to take on bigger mortgages than they might otherwise have been able to carry, while it has encouraged others to borrow against their homes.

The report found 18 per cent of mortgage holders have taken equity out of their homes to free up extra cash.

Almost half of those mortgage holders surveyed in the report cited a need for "debt consolidation or repayment" and the average amount borrowed against home equity was $46,000.

THE CANADIAN PRESS

U.S. Foreign policy

▶ U.S. President Barack Obama holds a courtesy meeting with New Delhi Congress President Sonia Gandhi in New Delhi yesterday.

JIM WATSON/GETTY IMAGES

Obama on the move in India

The United States and India signed six agreements besides a plethora of business deals inked separately during U.S. President Barack Obama's trip to India.

Market moment

PRICES FOR 4 P.M. YESTERDAY

Natural gas 1,000 cu ft	DOLLAR
$4.088 (+ 15.1¢)	– 0.33¢ (99.63¢ US)
Gold contracts	
$1,403.20 (+ $5.50)	
OIL	TSX
+ 21¢ US ($87.06 US)	+ 127.37 (13,052.48)

Wands out

The U.S.-based entertainment company Warner Bros said yesterday that it plans to buy and expand the English studios where the Harry Potter films are made.

THE ASSOCIATED PRESS

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IS IT ENOUGH TO LOVE THE ONE YOU'RE WITH?

She says ...

JESSICA NAPIER

When you've been in a relationship for a while, you inevitably start to hear the same question over and over again, "So ... is this the one?"

And there it is folks, the one: One true love to have and to hold for eternity. Finding your soulmate can be beautiful and romantic. However, the idea of settling down forever with just one human being sends some commitment phobes running for the hills.

For me, staying faithful to one person for 40-plus years seems like an incredibly difficult commitment — not impossible, but definitely a challenge. I love my "the one" very much, but I sometimes I wonder, as the decades go by will my feelings change?

Almost 40 per cent of couples in Canada will divorce by their 30th wedding anniversary. Statistics like this make it hard to keep our faith in being faithful. It's hard to believe that one other person could satisfy every emotional and sexual need till death do you part. So what are the options when both partners start to feel like there is something missing in the relationship? Do you stick together and try to work it out, break up, or explore an alternative lifestyle?

"So what are the options when both partners start to feel like there is something missing in the relationship?"

When monogamy becomes monotony, some couples are turning to something (or someone) outside the relationship to spice things up. Open marriages and swinging are no longer the taboos they once were. In fact, reality TV shows like Sister Wives and Cheaters are contributing to the mainstreaming of these types of plural partnerships.

It seems the worst part about infidelity (besides the health risks you might subject your partner to) is the lying and the mistrust. But what about when it is completely consensual? If there is no real element of deceit, can we really call it cheating?

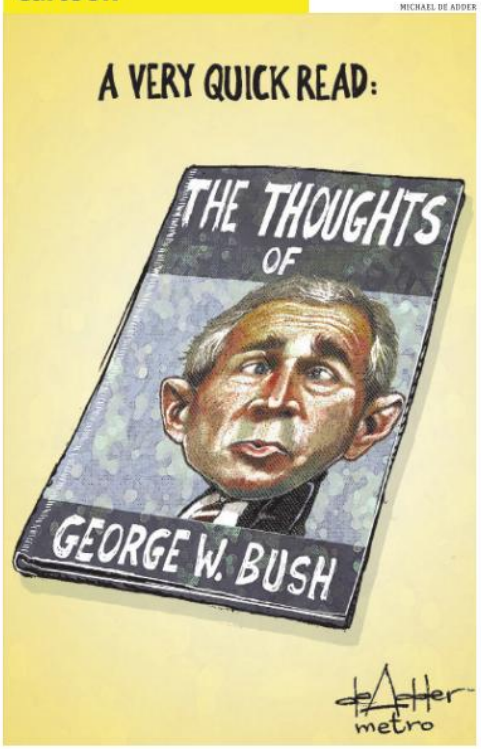
These non-traditional relationships are a minefield of ethical obstacles that can lead to a number of emotional (not to mention legal) consequences. But as problematic as they might be, many couples believe that becoming romantically or physically involved with other people can be a way to save a marriage, and even make it stronger.

Whether engaging in extramarital activities is right for your relationship is a personal decision unique to every couple. But when a website that facilitates adulterous encounters has more than seven million members, we have to wonder if the concept of monogamy is starting to become extinct.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



No silly shirts for leaders

Worth mentioning

For some Pacific Rim leaders, this will surely come as a relief: No kimonos or other special attire for the annual group photo.

Over the years, one of the most memorable moments of the annual Asia-Pacific Economic Co-operation summit has been what's come to be called the "silly shirts" photo, often representing the host country's culture.

The 21 APEC leaders have posed for together in Javan batik shirts (Indonesia in 1994), flowing ponchos (Chile in 2004) to Vietnamese "ao dai" — elegant silken tunics in which several of the leaders were visibly ill at ease — in 2006.

But this year in Japan, the leaders were instructed to come in "smart casual" for Saturday's photo, said a government official, who spoke on condition of anonymity, citing department rules.

The Japanese official cited the timing for the photo session, which falls between a traditional Kabuki theatre performance and an official dinner hosted by Prime Minister Naoto Kan, as one possible reason for the relatively staid choice.

The typical tight-fitting traditional kimono is not very comfortable or suitable for a photo session, said another official, though he did not explain why. THE ASSOCIATED PRESS

One size fits all

Is the poppy valid recognition for war veterans?

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Metro Minute at Jewish Film Festival

The Jewish Film Festival kicks off tonight and runs through Nov. 18 with 26 films. Festival offerings include Breaking Upwards, about a young New York couple and their carefully orchestrated breakup, and Berlin 36, the story of a Jewish high jumper who was put on the German Olympic team in 1936 after the U.S. threatened to boycott the Berlin Olympics. Tonight's film, Anita, is about a young woman with Down syndrome living in Buenos Aires who touches the lives of everyone around her. The festival gala today includes a screening of Anita at 7 p.m. at the Ridge Theatre. Tickets are $20. See vjff.org for more info. STEPHANIE ORFORD

CONTRIBUTED

▶ Zoe Lister-Jones wrote and co-stars in Breaking Upwards.

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All's fair in Hollywood justice

Joe Wilson and Valerie Plame, smeared by the Bush administration, tell their story Naomi Watts and Sean Penn star as the couple

PHIL BROWN
SCENE@METRONEWS.CA

In July 2003, Joe Wilson published an article in the New York Times outlining why he believed the Bush administration was lying to the American public so it could fast-track the Iraq war.

The government's response was to out his wife's, Valerie Plame, classified position with the CIA and launch a massive media smear campaign that almost ruined their lives. As it became obvious that a certain president was more suited to watch kid's cartoons than run a country, their names have since been cleared.

Now, the film Fair Game (starring Sean Penn and Naomi Watts as the couple) further explores the injustices they endured.

"Obviously, there was apprehension towards the movie because of the way our story had been reported," Wilson told Metro.

"But we were consultants on the movie and worked with the director to make sure that the script was as true to the facts as possible."

In a rare instance of truth triumphing over fiction in Hollywood, the couple was able to ensure its story was accurately represented with a few limitations.

"Like every CIA employee, I signed a secrecy agreement and that's good for a lifetime," said Plame. "There were some things that were off limits and they understood that."

Plame and Wilson are pleased with how Fair Game turned out, even if it can be difficult to watch.

"I've seen it three times now and ... it is not yet therapeutic. It's still pretty raw to have to go back and relive what we went through," said Wilson.

However, they recognize their story carries cultural significance worthy of the attention.

"We want people to walk out of the theatre and not see it so much as a black mark on the Bush administration per say, but against power and the abuse of power in general," explained Plame.

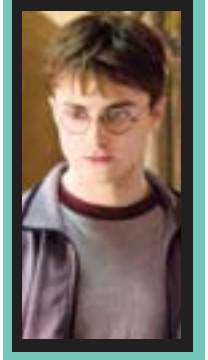
Quotables

What the real star of Fair Game is saying

- **Valerie Plame's first reaction to the movie**
  "The producers had approached us ... but we knew nothing about Hollywood and that world."
- **Plame on Naomi Watts**
  "We've become friends. I mean, we're both working mothers, really at the end of the day..."

Naomi Watts stars in Fair Game, based on the story of Valerie Plame and her husband.

Scene in brief



Warner Bros. has announced plans to buy and expand the English studios where the Harry Potter films are made. Warner Bros says it will invest roughly $161-million in a major expansion of the Leavesden Studios. Chairman and chief executive Barry Meyer said yesterday the investment will give Warner Bros. a state-of-the-art, permanent UK production base.

The studio is also responsible for recent hits such as Inception.

The enlargement program will be completed in 2012.

THE ASSOCIATED PRESS

Force Unleashed II manages to make fantastic Jedi power seem ordinary

Talking about Scott Pilgrim

Creator of the comic book series reflects on going from one graphic novel to mega success

PHIL BROWN
SCENE@METRONEWS.CA

Bryan Lee O'Malley has gone from a burgeoning artist with a critically acclaimed graphic novel to one of the most beloved comic book community figures. The reason? His Toronto-set series Scott Pilgrim about a 20-something whose life is filtered through a pop culture cocktail of manga, movies, and vintage videogames.

With a Hollywood adaptation hitting DVD this week, Metro spoke with O'Malley about the recently completed Scott Pilgrim saga.

How did the idea of depicting Pilgrim's life through this surreal pop culture lens come about?

The books were a way of getting all that stuff out of my head, onto the page. Weirdly, that happened to be what really catches on with a lot of people.

I didn't really think it was for everyone. I thought it was just my personal obsessions, but it turns out to represent a lot of people's experience from growing up in the '80s and '90s.

Did you ever think it could be a film?

No, I started talking to [director] Edgar Wright right after the first book, but I never thought there would actually be a movie.

I think it worked because ... we both approach American pop culture as outsiders, him from the UK and me from Canada.

We never felt like that was our world, but we wanted to create something that synthesized our world and that kind of fantasy world.

Lohan has a visit with her father

Michael visited Lohan at Betty Ford ◗ Spent several hours together, including shopping at a mall ◗ Mom says Lindsay wants to help others

Michael Lohan's recent good behaviour earned him some time with daughter Lindsay Lohan over the weekend, according to Radar Online.

"Lindsay met Michael at Betty Ford and the pair spent hours together. It was not a fleeting encounter, this appeared well-planned in advance," a source says.

"They also went shopping at a local Palm Desert mall, where they were seen walking around together and at one point, were in a jewelry store."

When asked about the meeting, Michael kept up his new policy of not talking to the media, saying, "I have pledged not to comment about anything relating to my daughter. However, what I will say is that I am an incredibly proud father tonight. My daughter is progressing extraordinarily well."

Meanwhile, Dina Lohan insists that daughter Lindsay is doing so well in rehab that she wants to go into the business herself when she gets out.

"She wants to start her own facilities, help other children," Dina told Matt Lauer during an interview on the NBC's Today show.

"She's so public, we can only be positive and look to the future to help other families."

METRO

GETTY IMAGES

▶ Lindsay Lohan

GETTY IMAGES

▶ Miley and Billy Ray Cyrus.

Miley to spend b-day with fam

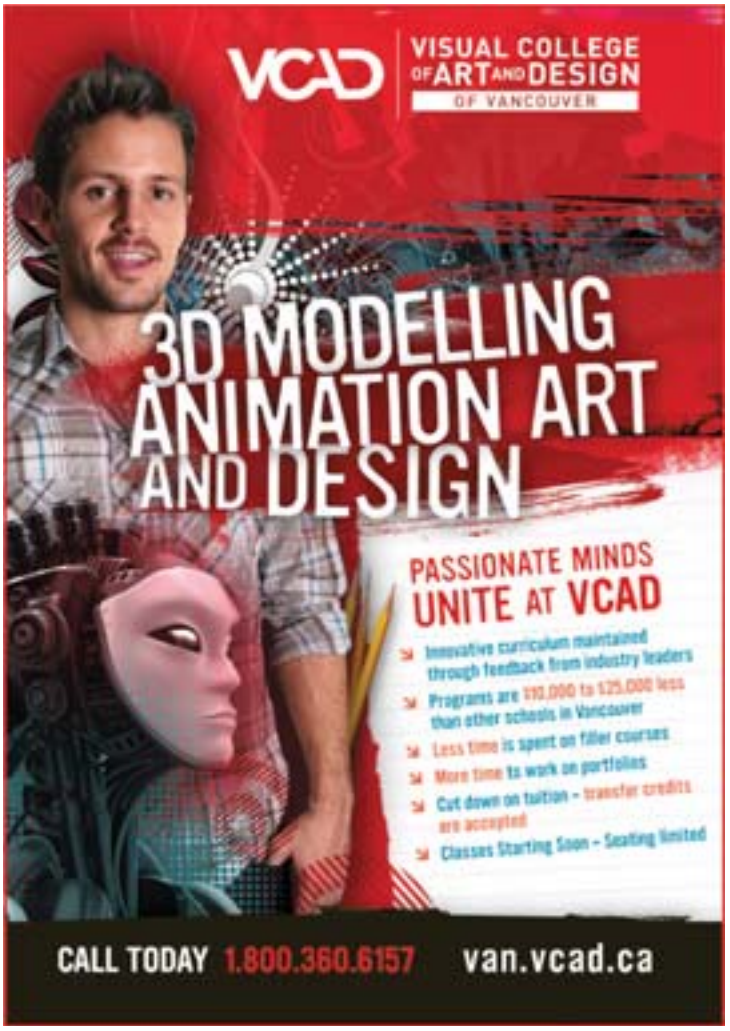
Miley Cyrus turns 18 in two weeks, and the Disney megastar wants nothing more than to spend it with her family.

"(My family and I) need time to all be together," Cyrus tells MTV News. And sources tell Popeater that Cyrus' success may have played a role in her parents' current divorce battle.

"Both parents have been equally involved in making their daughter a superstar, and now that they have achieved their goal they have nothing to work towards anymore and nothing to keep them together," a source says.

"You would think that someone like Miley has everything in the world, but I guarantee she would give it all up in a second if it kept her family together."

METRO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3 life

Health in brief

In a scientific feat that almost defies imagination, Canadian researchers have transformed human skin into different types of blood cells.
THE CANADIAN PRESS

Special CT scans cut lung cancer deaths in study; questions remain about screening

Morning rush

Nutrition expert Dr. David Katz takes a mix of whole grain cereals and fresh fruit for his late-morning breakfast. Here are his recommendations for breakfast on the go:

- Dried fruit and nuts (packed with nutrients, easy to carry, great shelf lie. But don't get ones with lots of sugar and salt added).
- Larabar Raw Food Bar chocolate coconut chew bars.
- Nature's Choice multigrain cereal bars.
- Wholesome Goodness bars.
- Yogurts that are all about milk

ISTOCK PHOTO

▶ An Australian study found that skipping breakfast over a long period may have detrimental effects to your heart. It found that people who skipped breakfast tended to have higher cholesterol, elevated insulin levels and larger waist circumferences. It was published in the American Journal of Clinical Nutrition in October 2010.

We're bringing breakfast back

Eating in the morning is good for you But no need to force it down

CELIA MILNE
LIFE@METRONEWS.CA

Turned off by breakfast?

No need to force yourself. Nutrition experts have been telling us for years that we should eat breakfast. But this doesn't mean you have to choke down food when you're not hungry yet.

"Breakfast is, indeed, important," says nutrition guru Dr. David Katz, director and co-founder of the Yale Prevention Research Center in New Haven, Conn.

"But exactly when and exactly where you eat it is up to you."

According to Dr. Katz, people who eat breakfast tend to be healthier and leaner than those who skip it.

One new study even shows that eating breakfast is good for your heart. Yet, many people don't realize it's not crucial to eat breakfast the minute your feet hit the floor in the morning.

If you aren't hungry when you first leave home in the morning, but get hungry at about 10:00 a.m. or 10:30 a.m. while at your desk, it's still healthier to eat something then, than to fast until lunch time.

"I routinely have breakfast that late, because that's when I get hungry for it," says Dr. Katz.

"If I can't eat a late breakfast at home, I take it with me."

Dr. Katz is an internationally renowned authority on nutrition, weight management and prevention of chronic disease.

He has written more than 100 scientific papers, almost 1,000 newspaper columns and 12 books on nutrition.

And he's an advisor to U.S. President Barrack Obama.

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Variations on dinner

Rice and quick-frying can make dishes that are fast and easy

▶ Skillet Steak & Corn

Preparation:

1. In a large skillet, cook steak, onion and thyme over medium-high heat in oil until meat is no longer pink; drain. Add wine; simmer, uncovered, for 10 minutes or until liquid has evaporated.
2. Stir in tomatoes; cover and simmer 15 minutes longer. Add corn and heat through. Serve with rice.

Ingredients :

- 500 g boneless beef top round steak, cut into strips
- 1 medium onion, cut into 1/4-inch wedges
- 1/2 tsp dried thyme
- 2 tbsp vegetable oil
- 3/4 cup red wine or beef broth
- 398 mL can diced tomatoes, undrained
- 2 x 284 mL cans corn niblets, drained
- Hot cooked rice

Whisky means more than Scotch

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Mention whisky in Canada and most thoughts turn to Canadian, Scottish or even Irish versions, but in the last few years American whisky has made some major inroads into our fair country.

Bourbon is hands-down their most famous type. Originating in Kentucky, bourbon can actually be produced in any U.S. state as long as it is made with at least 51 percent corn.

Of all of America's mainstream bourbons Maker's Mark ($37.95 – $39.99) has carved out a nice niche with its rich flavour and distinctive package that features a unique square-bottomed bottle and groovy red latex-dipped cap sealant.

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DELIVERY LED TO LOVE

How We Met: Shannon & Andy

"Andy and I (Shannon) met when I started a new job at a medical office — he was the Purolator guy.

"One day, Andy came into the office with a package I was expecting — I had ordered something from a motorcycle shop. Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations became more frequent. Andy would even stop into the office empty handed just for a quick chat.

"About two years later, we had our first date — on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont. It was there — 36 minutes into our first date — that I knew he was "the one." I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me with a proper proposal. Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to marry me. After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

WIFE SAYS STOP THE MESS!

My husband never cleans up after himself. I'm sick of being his maid! How do I make this stop?

Angela says... Have you asked him directly, or are you expecting him to suddenly notice that he should do it? The direct approach always seems to work better with the male species. Dividing the work is also key. In our house, one person makes dinner, and the other cleans up. Works brilliantly. It's often a race to be the first one home after work. And in the interest of full disclosure, we have a cleaning person who comes every two weeks, thus avoiding the "who's turn is it to clean the bathroom" discussion.

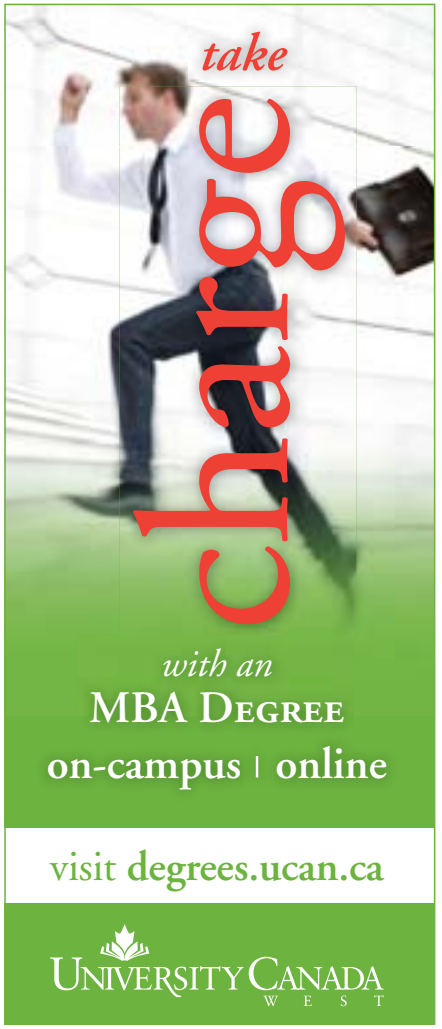
Derek says... Are we talking about a messy desk and pile of clothes, or is this crusty dishes under the sofa? While there's no excuse for an adult man to neglect cleanliness to the point of allowing bacteria cultures to grow in the living room, you might be faced with an incurable condition at this point. In which case, you should invest in a hazmat suit and industrial cleaning service. But if he's an average sloppy guy, start small: Ask him to make the bed and throw in a load of laundry once a week. Build from there. Reward him with a bottle of 12-year-old Macallan scotch.

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS



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Don't go in debt to pay for gifts

- There are a few simple ways to cut expenses from now until Christmas that will help ease the cost of gift buying
- No need to be a Scrooge if you start saving now

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Keep your holiday gift debt to a minimum by building up a cash cushion now.

How would you like to have no holiday gift debt? Zero. None. Not a dime. Here's how.

According to a moneyville.ca on-line poll the average holiday gift tab will be just over $600 this year. And it will all be spent during the seven weeks between now and Christmas.

With a little bit of belt tightening you will have the cash for holiday presents and no nasty credit card bill in the New Year.

▶ Holiday gift buying can get pricey so start saving up now.

1 Brown bag it. I know you've heard this one before but it really does work. Cut out three lunches a week at $6 a pop. Saved: $126.

2 Can the take out coffee\tea\latte\cappuccino\donut. This is another money saving nag but, as with the brown bag, it really works and once you get used to it the pain of deprivation disappears. Saved: $100 (based on a medium coffee and donut once a day)

3 Scissors and Comb. I've been cutting my husband's hair for 30 years. I also cut my two daughters' hair and now my wiggly grandson. I figure I've saved thousands and one of these days they're going to get an invoice. Cut out one haircut per family member between now and December 25. Saved: $100 (1 adult, 2 children)

4 Do your own. Maybe not your hair! But manicures and pedicures are actually quite relaxing and fun to do on a cold winter evening. Saved: $50

5 Eat In. You can do it! Try to make it to Christmas without eating out at night. Saved: $225. (assuming you would normally eat out three times between now and December 25.)

Total Savings: $601

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

THINK TWICE BEFORE USING RRSP FUNDS

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

There are two ways to borrow from your RRSP. First is through the RRSP Home Buyers' Plan, for first-time home buyers, and second is through the Lifelong Learning Plan, for educational expenses. These Canada Revenue Agency programs allow you to withdraw funds without a tax penalty. If you 'borrow' outside these programs before retirement you'll pay hefty taxes.

The RRSP Home Buyers' Plan allows you to borrow up to $25,000 tax-free from your RRSP (it can't be locked-in) to put toward a down payment for your primary residence.

The Lifelong Learning Plan (LLP) allows you to withdraw up to $20,000 from your RRSPs to finance training or education for you, your spouse, or your common-law partner. Check out the Canada Revenue Agency website for more info. (cra.gc.ca).

These plans make sense for some people, but there are drawbacks. First, when you take money out of your RRSP, you lose the power of compounded interest and re-invested returns on those funds. When you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns

Second, when you repay those borrowed funds each year, you don't get any tax write-offs on those repayments because they aren't considered RRSP contributions; it's not new money. Third, if you can't repay the minimum amount, you'll be taxed on the difference between what you still owe and what you paid.

4 sports

Whitecaps don't rock the boat

Laid-back approach to running team puts co-operation ahead of individual egos, helps avoid conflict

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Chad Barrett of TFC (19) battles for the ball with Wesley Charles of the Vancouver Whitecaps during a game last year.

In some sports organizations, who makes the decision is sometimes more important than making the right decision.

Egos, a desire for control, or a rich owner used to having his own way can be a recipe for failure when it comes to building a winning product.

So far, Vancouver Whitecaps management has used a system of co-operation and consultation as the team prepares for its first season of Major League Soccer.

There's no brash owner like Jerry Jones calling the shots, or a general manager like Brian Burke demonstrating a larger-than-life persona.

Instead it's decision by collaboration. Consensus by discussion.

"It's co-operation in that, before a decision is made, you are going to make sure you talk to the people that it's going to impact," Whitecaps president Bob Lenarduzzi said yesterday during an interview at the team's office.

"If you've got people involved that are open-minded, don't have big egos, and appreciate the kind of discussion and collaboration that takes place while you are in the decision-making process ... there are no issues. There are some interesting debates that take place along the way."

GETTY IMAGES

"Of all the soccer clubs in North America, the Whitecaps is probably as close as you'll get to a European-style soccer club."
PAUL BARBER, WHITECAPS CEO

It all sounds very West Coast, like a walk in the rainforest with your soy latte.

The harmony in the Vancouver boardroom comes as Toronto FC, the first Canadian franchise in MLS, is undergoing a management shakeup after its fourth straight losing season.

Under the Whitecaps system, chief executive officer Paul Barber is the man in charge. The former Tottenham Hotspur director oversees all aspects of the team, from signing players to bringing on corporate sponsorship.

To do this, he relies on Lenarduzzi's soccer background and the business skills of Rachel Lewis, the Whitecaps chief operating officer.

The team owners also participate in decisions.

Greg Kerfoot has the most day-to-day input. He's a reclusive Vancouver millionaire who bought the bankrupt franchise in 2002 when the team was still part of the United Soccer League's first division.

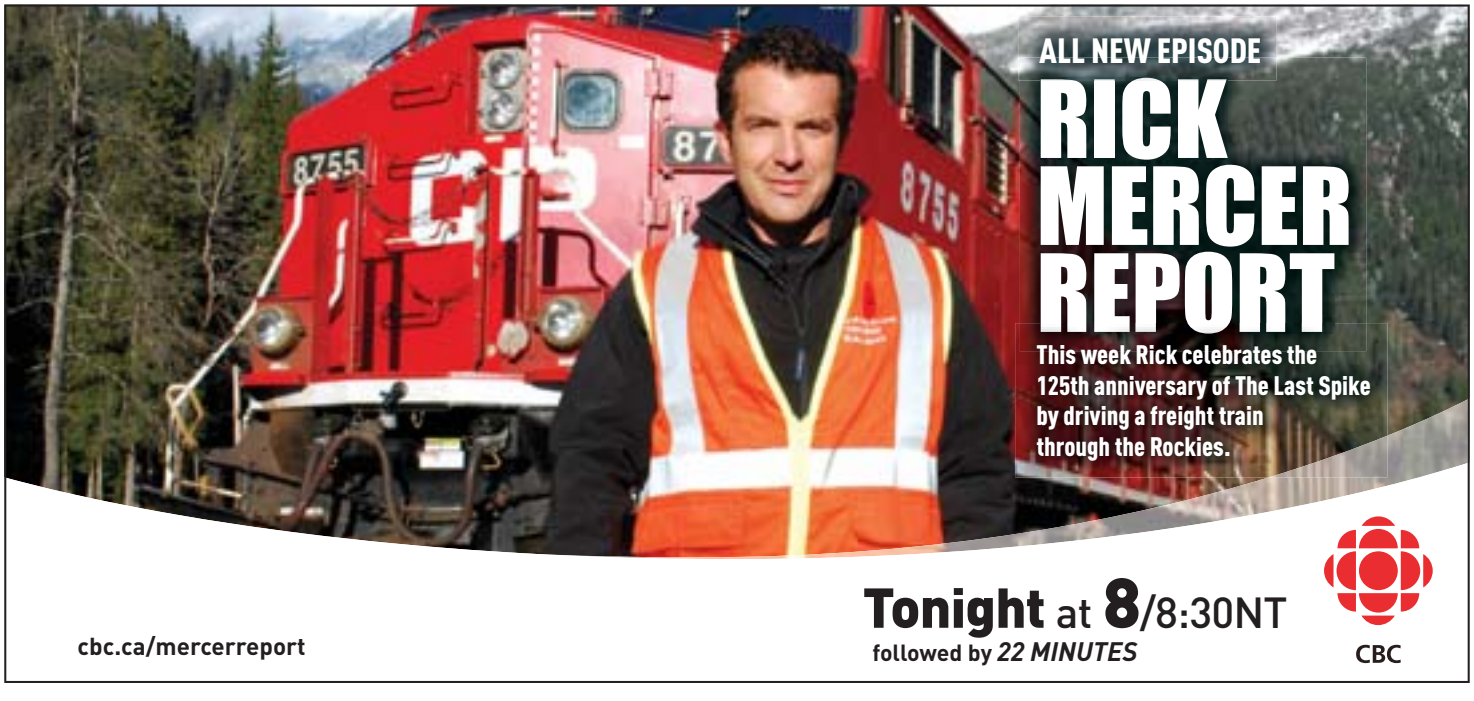
Other owners include Jeff Mallett, the former Yahoo! president who is a part owner of the San Francisco Giants; businessman Steve Luczo, who is part of the NBA Boston Celtics ownership group; and NBA star Steve Nash

On some issues, the four owners may have input. Often, it's Kerfoot, Barber, Lenarduzzi, Lewis and maybe Mallett.

If a decision relates to talent on the field, coach Teitur Thordarson or Tom Soehn, the team's director of soccer operations, will be involved. **THE CANADIAN PRESS**

Quoted

"I recognized that after the game we just weren't playing winning football and our best chance was to make a change. We are grateful to Wade and his contribution to the Cowboys, leading us."
COWBOYS OWNER JERRY JONES ON FIRING COACH WADE PHILLIPS YESTERDAY. OFFENSIVE CO-ORDINATOR JASON GARRETT WILL TAKE PHILLIPS'S PLACE ON AN INTERIM BASIS WITH THE 1-7 TEAM.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CBC
cbc.ca/mercerreport

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	14	10	4	0	0	47	34	20	7-1-0-0	3-3-0-0	7-3-0-0	W4
d-Philadelphia	15	9	4	2	0	45	34	20	6-3-0-0	3-1-2-0	7-2-1-0	L1
d-Montreal	14	8	5	1	0	34	33	17	3-3-1-0	5-2-0-0	6-4-0-0	L1
Tampa Bay	13	7	4	2	0	39	39	16	3-1-1-0	4-3-1-0	4-4-2-0	L3
Boston	11	7	3	0	1	33	20	15	2-2-0-1	5-1-0-0	7-2-0-1	L2
NY Rangers	14	7	6	1	0	38	38	15	2-4-1-0	5-2-0-0	6-4-0-0	L1
Ottawa	14	7	6	1	0	36	40	15	4-3-0-0	3-3-1-0	6-4-0-0	W3
Atlanta	14	6	5	1	2	44	51	15	2-3-0-1	4-2-1-1	4-3-1-2	L2
Pittsburgh	15	7	7	1	0	43	39	15	2-4-0-0	5-3-1-0	5-4-1-0	W1
Carolina	14	7	7	0	0	42	44	14	3-2-0-0	4-5-0-0	5-5-0-0	W1
Toronto	13	5	5	1	2	31	34	13	3-3-1-1	2-2-0-1	2-5-1-2	L5
Florida	12	5	7	0	0	36	33	10	3-2-0-0	2-5-0-0	5-5-0-0	L1
NY Islanders	14	4	8	1	1	35	50	10	2-2-0-1	2-6-1-0	3-7-0-0	L7
Buffalo	15	4	9	2	0	37	48	10	0-6-1-0	4-3-1-0	3-6-1-0	W1
New Jersey	15	4	10	1	0	25	48	9	0-5-1-0	4-5-0-0	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	12	9	1	1	1	32	18	20	6-0-0-0	3-1-1-1	7-1-1-1	W7
d-Los Angeles	13	10	3	0	0	39	26	20	6-0-0-0	4-3-0-0	8-2-0-0	W4
d-Vancouver	13	8	3	0	2	40	32	18	6-0-0-1	2-3-0-1	7-2-0-1	W6
Detroit	13	9	3	0	1	42	34	19	5-1-0-1	4-2-0-0	6-3-1-0	W1
Chicago	17	8	8	1	0	50	51	17	4-4-0-0	4-2-1-0	4-6-0-0	L1
Minnesota	13	7	4	0	2	32	30	16	5-3-0-1	2-1-0-1	6-3-0-1	W3
Dallas	13	8	5	0	0	43	37	16	5-3-0-0	3-2-0-0	5-5-0-0	L1
Columbus	13	8	5	0	0	32	32	16	4-4-0-0	4-1-0-0	7-3-0-0	L1
Colorado	13	7	5	1	0	45	42	15	3-3-0-0	4-2-1-0	5-4-1-0	W1
Anaheim	15	7	7	0	1	40	50	15	5-1-0-1	2-6-0-0	6-4-0-0	W3
San Jose	12	6	4	2	0	34	30	13	3-2-1-0	3-3-0-0	5-5-0-0	W1
Nashville	13	5	5	3	0	31	38	13	2-1-3-0	3-4-0-0	2-5-3-0	L5
Phoenix	14	4	5	4	1	35	55	13	2-2-2-1	2-3-2-0	3-3-3-1	L3
Calgary	13	6	7	0	0	35	38	12	4-4-0-0	2-3-0-0	5-5-0-0	L4
Edmonton	12	4	6	0	2	34	41	10	2-4-0-0	2-2-0-2	2-6-0-2	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's result
Detroit 3 Phoenix 2 (OT)
Sunday's results
Edmonton 2 Chicago 1
Anaheim 5 Nashville 4
St. Louis 2 N.Y. Rangers 0
Washington 3 Philadelphia 2 (OT)
Saturday Results
Ottawa 3 Montreal 2
Vancouver 6 Detroit 4
Buffalo 3 Toronto 2 (SO)
Carolina 3 Florida 2
Chicago 5 Atlanta 4 (SO)
Colorado 5 Dallas 0
Los Angeles 4 Nashville 1
Minnesota 3 Columbus 2
Philadelphia 2 N.Y. Islanders 1
Pittsburgh 4 Phoenix 3 (SO)
San Jose 5 Tampa Bay 2
St. Louis 2 Boston 1 (SO)
Tonight's games
(All times Eastern)
Washington at N.Y. Rangers, 7 p.m.
Edmonton at Carolina, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Atlanta at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Calgary at Colorado, 9:30 p.m.
Anaheim at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Stamkos, TB	11	11	22
Crosby, Pgh	9	10	19
Ovechkin, Wash	8	10	18
B.Richards, Dal	6	12	18
Sharp, Chi	10	7	17
Selanne, Ana	7	10	17
Getzlaf, Ana	6	11	17
Eriksson, Dal	9	7	16
D.Sedin, Vcr	9	7	16
C.Stewart, Col	9	7	16
H.Sedin, Vcr	2	14	16
Semin, Wash	9	6	15
Datsyuk, Det	6	9	15
Heatley, SJ	6	9	15
P.Kane, Chi	6	9	15
Perry, Ana	5	10	15
J.Thornton, SJ	5	10	15
Zetterberg, Det	4	11	15
Lidstrom, Det	2	13	15
Dubinsky, NYR	10	4	14
Giroux, Pha	7	7	14
Roy, Buf	7	7	14
St. Louis, TB	6	8	14
J.Williams, LA	6	8	14
Hejduk, Col	5	9	14
Ryan, Ana	5	9	14
Toews, Chi	5	9	14
Backstrom, Wash	4	10	14
Marleau, SJ	6	7	13
Byfuglien, Atl	5	8	13
P.Stastny, Col	5	8	13
Callahan, NYR	4	9	13
Ladd, Atl	4	9	13
M.Koivu, Minn	3	10	13
Letang, Pgh	3	10	13
M.Richards, Pha	3	10	13
Visnovsky, Ana	2	11	13
Ribeiro, Dal	0	13	13
Alfredsson, Ott	6	6	12
Neal, Dal	5	7	12
Stoll, LA	5	7	12
Skinner, Car	5	7	12
Cullen, Minn	3	9	12
Leino, Pha	3	9	12
Wisniewski, NYI	2	10	12
Keith, Chi	1	11	12
Hossa, Chi	7	4	11
MacArthur, Tor	7	4	11
Horton, Bos	6	5	11
E.Staal, Car	6	5	11
J.Carter, Pha	5	6	11
Plekanec, Mtl	5	6	11
Kopitar, LA	4	7	11
Anisimov, NYR	3	8	11
Morrison, Cal	3	8	11
Duchene, Col	2	9	11
Enstrom, Atl	2	9	11
Liles, Col	0	11	11
R.Bourque, Cal	7	3	10
Kostitsyn, Mtl	6	4	10
Moulson, NYI	6	4	10
Booth, Fla	5	5	10
Lucic, Bos	5	5	10
Halpern, Mtl	4	6	10
Hemsky, Edm	4	6	10
Malhotra, Vcr	4	6	10
Malkin, Pgh	4	6	10
Bertuzzi, Det	2	8	10
Gonchar, Ott	2	8	10
Krejci, Bos	2	8	10
Peverley, Atl	2	8	10
Edler, Vcr	1	9	10
Oshie, StL	1	9	10
Whitney, Edm	0	10	10
E.Kane, Atl	7	2	9

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION	W	L	Pct	GB
Boston	6	2	.750	—
New York	3	3	.500	2
New Jersey	2	4	.333	3
Philadelphia	2	5	.286	3½
Toronto	1	6	.143	4½

SOUTHEAST DIVISION	W	L	Pct	GB
Orlando	5	1	.833	—
Atlanta	6	2	.750	—
Miami	5	2	.714	½
Washington	1	4	.200	3½
Charlotte	1	6	.143	4½

CENTRAL DIVISION	W	L	Pct	GB
Chicago	3	3	.500	—
Cleveland	3	3	.500	—
Indiana	2	3	.400	½
Detroit	2	5	.286	1½
Milwaukee	2	5	.286	1½

WESTERN CONFERENCE

SOUTHWEST DIVISION	W	L	Pct	GB
New Orleans	6	0	1.000	—
San Antonio	5	1	.833	1
Dallas	4	2	.667	2
Memphis	4	4	.500	3
Houston	1	5	.167	5

NORTHWEST DIVISION	W	L	Pct	GB
Portland	5	3	.625	—
Denver	4	3	.571	½
Oklahoma City	3	3	.500	1
Utah	3	3	.500	1
Minnesota	1	6	.143	3½

PACIFIC DIVISION	W	L	Pct	GB
L.A. Lakers	7	0	1.000	—
Golden State	5	2	.714	2
Sacramento	3	3	.500	3½
Phoenix	3	4	.429	4
L.A. Clippers	1	6	.143	6

Last night's results
San Antonio 95, Charlotte 91
Orlando 93, Atlanta 89
Golden State 109, Toronto 102
Chicago 94 Denver 92
Memphis 109, Phoenix 99
Dallas 89, Boston 87
Sunday's results
Philadelphia 106, New York 96
Phoenix 118, Atlanta 114
Detroit 102, Golden State 97
Houston 120, Minnesota 94
Boston 92, Oklahoma City 83
L.A. Lakers 121, Portland 96
Tonight's games
(All times Eastern)
Denver at Indiana, 7 p.m.
Cleveland at New Jersey, 7 p.m.
Utah at Miami, 7:30 p.m.
New York at Milwaukee, 8 p.m.
L.A. Clippers at New Orleans, 8 p.m.
Detroit at Portland, 10 p.m.
Minnesota at L.A. Lakers, 10:30 p.m.

WARRIORS 109, RAPTORS 102

GOLDEN STATE (109)
D.Wright 1-5 4-4 7, Lee 6-11 2-2 14, Biedrins 4-5 0-2 8, Curry 12-21 8-8 34, Ellis 10-17 7-9 28, B.Wright 4-8 0-1 8, Lin 0-2 3-4 3, Carney 2-3 0-0 5, Williams 0-1 2-2 2, Radmanovic 0-1 0-0 0. Totals 39-74 26-32 109.
TORONTO (102)
Kleiza 8-16 2-4 20, Evans 0-2 0-0 0, Bargnani 5-10 0-0 11, Jack 7-13 9-10 24, DeRozan 4-8 0-0 8, Andersen 3-6 2-2 8, Barbosa 3-8 1-2 7, Calderon 0-4 0-0 0, Johnson 3-7 6-7 12, Weems 5-9 2-2 12. Totals 38-83 22-27 102.

Golden State	26	29	29	25	109
Toronto	19	22	31	30	102

3-Point Goals—Golden State 5-16 (Curry 2-4, Carney 1-2, Ellis 1-3, D.Wright 1-4, Lin 0-1, Radmanovic 0-1, Williams 0-1), Toronto 4-14 (Kleiza 2-7, Bargnani 1-1, Jack 1-3, Andersen 0-1, Barbosa 0-2). Fouled Out—Lee. Rebounds—Golden State 50 (Lee 12), Toronto 41 (Kleiza 7). Assists—Golden State 19 (Curry 4), Toronto 19 (Jack 8). Total Fouls—Golden State 26, Toronto 23. Technicals—Toronto defensive three second. A—14,127 (19,800) at Toronto.

GOLF

WORLD GOLF RANKING

THROUGH NOV. 7

1. Lee Westwood	Eng	8.84
2. Tiger Woods	USA	8.21
3. Martin Kaymer	Ger	7.96
4. Phil Mickelson	USA	7.73
5. Steve Stricker	USA	7.07
6. Jim Furyk	USA	6.98
7. Paul Casey	Eng	6.27
8. Luke Donald	Eng	5.97
9. Rory McIlroy	Nlr	5.53
10. Graeme McDowell	Nlr	5.41
11. Matt Kuchar	USA	5.28
12. Ernie Els	SAf	5.22
13. Dustin Johnson	USA	5.04
14. Francesco Molinari	Ita	4.58
15. Ian Poulter	Eng	4.55
16. Hunter Mahan	USA	4.40
17. Edoardo Molinari	Ita	4.38
18. Retief Goosen	SAf	4.35
19. Zach Johnson	USA	4.07
20. Padraig Harrington	Irl	4.03
21. Robert Allenby	Aus	3.91
22. Louis Oosthuizen	SAf	3.85
23. Anthony Kim	USA	3.83
24. Bubba Watson	USA	3.70
25. Justin Rose	Eng	3.66
26. Miguel Angel Jimenez	Esp	3.59
27. Ross Fisher	Eng	3.58
28. Rickie Fowler	USA	3.57
29. Nick Watney	USA	3.55
30. Camilo Villegas	Col	3.45
31. Tim Clark	SAf	3.39
32. Sean O'Hair	USA	3.35
33. Charl Schwartzel	SAf	3.34
34. Jason Day	Aus	3.34
35. Ben Crane	USA	3.32
36. Robert Karlsson	Swe	3.28
37. Y.E. Yang	Kor	3.17
38. Geoff Ogilvy	Aus	3.15
39. Peter Hanson	Swe	3.11
40. Kim Kyung-Tae	Kor	3.10
41. Adam Scott	Aus	3.05
42. Ryan Moore	USA	3.04
43. Bo Van Pelt	USA	3.01
44. Stewart Cink	USA	3.00
45. K.J. Choi	Kor	2.86
45. Ryo Ishikawa	Jpn	2.86
47. Henrik Stenson	Swe	2.80
48. Martin Laird	Sco	2.79
49. Lucas Glover	USA	2.74
50. Jeff Overton	USA	2.73
51. Charley Hoffman	USA	2.71
52. Angel Cabrera	Arg	2.71
53. Alvaro Quiros	Esp	2.63
54. Yuta Ikeda	Jpn	2.58
55. Heath Slocum	USA	2.54
56. Ryan Palmer	USA	2.43
57. Bill Haas	USA	2.39
58. Kevin Na	USA	2.32
59. Kenny Perry	USA	2.30
60. Richard Green	Aus	2.29
61. Scott Verplank	USA	2.21
62. Hiroyuki Fujita	Jpn	2.20
63. J.B. Holmes	USA	2.20
64. Rhys Davies	Wal	2.15
65. Liang Wen-Chong	Chn	2.09
66. Noh Seung-yul	Kor	2.06
67. David Toms	USA	2.05
68. Fredrik Andersson Hed	Swe	2.04
69. Danny Willett	Eng	2.02
70. Sergio Garcia	Esp	2.02
71. Brian Davis	Eng	2.00
72. Ricky Barnes	USA	1.96
Also		
102. Stephen Ames	**Cda**	**1.52**
142. Mike Weir	**Cda**	**1.27**

SOCCER

SPAIN

LA LIGA

Yesterday's result
Sevilla 2, Valencia 0

MLS PLAYOFFS

EASTERN CONFERENCE CHAMPIONSHIP
Saturday's games
San Jose at Colorado, 9:30 p.m.
WESTERN CONFERENCE CHAMPIONSHIP
Sunday's game
FC Dallas at Los Angeles, 9 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Announced Tohoku Rakuten (Japan Pacific League) has accepted Oakland's bid for the negotiating rights to RHP Hisashi Iwakuma.

AMERICAN LEAGUE

DETROIT TIGERS—Agreed to terms with SS Jhonny Peralta on a two-year contract.
TORONTO BLUE JAYS—Named Don Wakamatsu bench coach, Dwayne Murphy hitting coach, Torey Lovullo first-base coach and Pat Hentgen bullpen coach.

NATIONAL LEAGUE

NEW YORK METS—Named Paul DePodesta vice president, player development and amateur scouting.
PITSBURGH PIRATES—Agreed to terms with LHP Justin Thomas on a minor league contract.

AMERICAN ASSOCIATION

GARY SOUTHSHORE RAILCATS—Acquired INF Brian Kolb from Evansville (Frontier) to complete an earlier trade.

FOOTBALL

NFL

CINCINNATI BENGALS—Signed DT Clinton McDonald from the practice squad. Waived CB Rico Murray.
DALLAS COWBOYS—Fired coach Wade Phillips. Promoted offensive coordinator Jason Garrett to head coach.
GREEN BAY PACKERS—Released CB Al Harris.
KANSAS CITY CHIEFS—Signed LB Derrick Johnson to a five-year contract extension.
WASHINGTON REDSKINS—Placed S Chris Horton on injured reserve.

SOCCER

MISL

BALTIMORE BLAST—Signed D Pat Morris and G Nick Hovaker. Acquired F Worteh Sampson from Missouri for future considerations.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned F Jeremy Morin to Rockford (AHL).
MONTREAL CANADIENS—Waived F Dustin Boyd.
NEW JERSEY DEVILS—Placed LW Zach Parise on injured reserve. Activated D Matt Corrente from injured reserve. Recalled RW Mattias Tedenby from Albany (AHL).
NEW YORK RANGERS—Assigned F Evgeny Grachev to Hartford (AHL).
OTTAWA SENATORS—Reassigned F Zack Smith to Binghamton (AHL).
ST. LOUIS BLUES—Assigned F Nick Drazenovic to Peoria (AHL).
TAMPA BAY LIGHTNING—Named Martha Fuller chief financial officer.

AHL

CHICAGO WOLVES—Reassigned D Dave Phillips to Toledo (ECHL). Central Hockey League
LAREDO BUCKS—Traded F Matt Robinson to Wichita for future considerations. Signed F Darryl Smith.
RIO GRANDE VALLEY KILLER BEES—Placed F Greg Holt on waivers. Signed F Ryan McLeod and F Anton Kharin.
TULSA OILERS—Placed F Jason Weeks on waivers.

CFL

WEEK 20

PLAYOFFS

Sunday's games
Division Semifinals
East Division
Toronto at Hamilton, 1 p.m.
West Division
B.C. at Saskatchewan, 4:30 p.m.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	6	2	0	.750	182	130
New England	6	2	0	.750	219	188
Miami	4	4	0	.500	143	175
Buffalo	0	8	0	.000	150	233

SOUTH	W	L	T	Pct	PF	PA
Tennessee	5	3	0	.625	224	150
Indianapolis	5	3	0	.625	217	168
Jacksonville	4	4	0	.500	165	226
Houston	4	4	0	.500	193	226

NORTH	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	175	139
Pittsburgh	6	2	0	.750	174	123
Cleveland	3	5	0	.375	152	156
Cincinnati	2	6	0	.250	167	190

WEST	W	L	T	Pct	PF	PA
Kansas City	5	3	0	.625	183	145
Oakland	5	4	0	.556	235	188
San Diego	4	5	0	.444	239	197
Denver	2	6	0	.250	154	223

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	216	160
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	1	7	0	.125	161	232

SOUTH	W	L	T	Pct	PF	PA
Atlanta	6	2	0	.750	196	154
New Orleans	6	3	0	.667	201	151
Tampa Bay	5	3	0	.625	157	190
Carolina	1	7	0	.125	88	184

NORTH	W	L	T	Pct	PF	PA
Green Bay	6	3	0	.667	221	143
Chicago	5	3	0	.625	148	133
Minnesota	3	5	0	.375	156	168
Detroit	2	6	0	.250	203	188

WEST	W	L	T	Pct	PF	PA
St. Louis	4	4	0	.500	140	141
Seattle	4	4	0	.500	130	181
Arizona	3	5	0	.375	157	225
San Francisco	2	6	0	.250	137	178

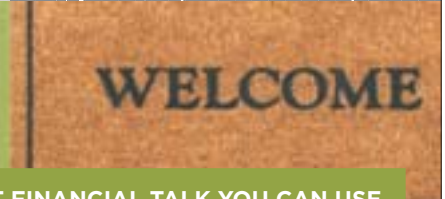
WEEK NINE

Byes: Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington
Last night's result
Pittsburgh 27 Cincinnati 21
Yesterday's results
Atlanta 27 Tampa Bay 21
Baltimore 26 Miami 10
Cleveland 34 New England 14
Minnesota 27 Arizona 24 (OT)
New Orleans 34 Carolina 3
N.Y. Giants 41 Seattle 7
N.Y. Jets 23 Detroit 20 (OT)
Oakland 23 Kansas City 20 (OT)
Philadelphia 26 Indianapolis 24
San Diego 29 Houston 23
Green Bay 45 Dallas 7
At Toronto
Chicago 22 Buffalo 19

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego
(All times Eastern)
Thursday's game
Baltimore at Atlanta, 8:20 p.m.
Sunday, Nov. 14
Minnesota at Chicago, 1 p.m.
Tennessee at Miami, 1 p.m.
Detroit at Buffalo, 1 p.m.
Houston at Jacksonville, 1 p.m.
N.Y. Jets at Cleveland, 1 p.m.
Cincinnati at Indianapolis, 1 p.m.
Carolina at Tampa Bay, 1 p.m.
Kansas City at Denver, 4:05 p.m.
Dallas at N.Y. Giants, 4:15 p.m.
St. Louis at San Francisco, 4:15 p.m.
Seattle at Arizona, 4:15 p.m.
New England at Pittsburgh, 8:20 p.m.
Monday, Nov. 15
Philadelphia at Washington, 8:30 p.m.

THEY SAY:
BUY AT PRE-SALE PRICES!

WE SAY:
SERIOUSLY, YOU SHOULD BUY AT PRE-SALE PRICES.


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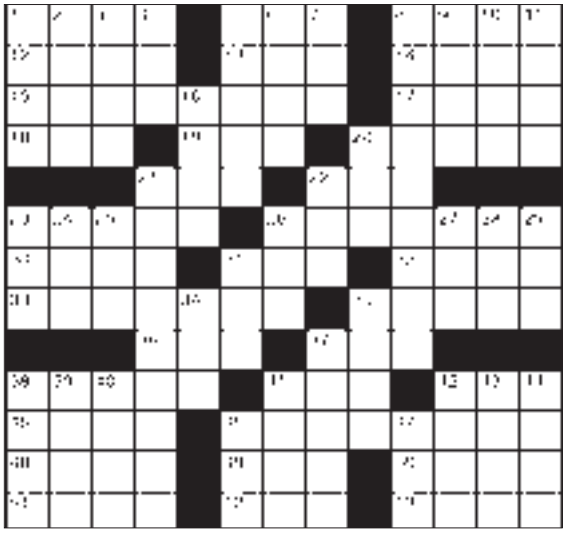
Welcome to financial possibility.

Crossword



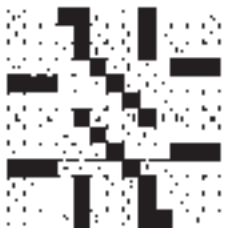
Across

1 Typeface option
5 Coll. transcript no.
8 Afrikaner
12 Unsigned (Abbr.)
13 Antiquated
14 Busy with
15 Imaginary objects of fear
17 Weaponry
18 Donkey
19 Allow
20 English composition
21 Pleasure
22 PC peripheral connection
23 Molded jelly
26 Investigation
30 — moss
31 Chinese chairman of yore
32 Zilch
33 Kodak inventor George
35 Karenina and Kournikova
36 Dine on
37 Hobbyist's abbr.
38 Tusk material
41 Scarlet
42 "Eureka!"
45 Branch
46 Virus that withstands medication
48 Stead
49 Favorite
50 Christmas
51 Vocalize
52 Blond shade
53 Greek vowels

Down

1 Ali —
2 Responsibility
3 Fireplace supply
4 Genetic evidence
5 Viscous
6 Contrive
7 Billboards
8 Fudd foe
9 Piece of work
10 Sicilian spouter
11 Optimistic
16 United nations
20 Barrister's title (Abbr.)
21 Jazzy two-step
22 Popular card game
23 Mimic
24 Caribbean, e.g.
25 — de deux
26 Author Fleming
27 Charged bit
28 Cousin of 4-Down
29 "Of course"
31 Wrestling surface
34 Spring month
35 Staffer
37 Profundity
38 Woes
39 Henry —
40 Portent
41 Wishes otherwise
42 Touch
43 Hawaiian dance
44 Census statistics
46 Resort
47 "Catcher in the —"

▶ Yesterday's answer



Sudoku

			3		7	6		9
9	6		4					5
					2			
	3	4	7				9	8
1	7				8	2	4	
			9					
4					5		7	1
8		6	2		3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Alysha, you're optimistic, fun, kind and beautiful. You remind me of who I strive to be. When you fall asleep on my shoulder, I wish time wouldn't go so fast. Can't wait for tonight, ~ **DAVID**

Da Bunny,
My beautiful sweet one, I belong to you. Your essence, energy, spirit & love are as amazing as the morning sun. I'll love you alwiz, **ROOSTER.**

Happy Birthday to Tatiana (TK) — best mom in the world. Your contagious energy is inspiring to everyone! Wishing you all the best on your special day! **LOVE, MARINA, SERGE, SID**

Panda, our horoscopes say we were made for each other! You make me deliriously and hopelessly in love and my heart has now cosmic-supernova grown for you. **YOUR PINK FLAMINGO**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Have as much fun as you can handle today and don't feel in the least bit guilty about it. You will enjoy yourself more if you go out with friends than if you stay close to home.

♉ Taurus April 21-May 21 Even if you are the kind of Taurus who prefers to keep your feelings under wraps you will open your heart to the world today. Others won't laugh at you.

♊ Gemini May 22-June 21 If opposites really do attract you will find yourself getting along with someone today who, on the surface, is about as different to you as chalk is to cheese. In fact you are two parts to a single whole.

♋ Cancer June 22-July 22
Sometimes your old-fashioned way of doing things works in your favor and sometimes it doesn't, but today it is much more likely to be the former.

♌ Leo July 23-Aug.23 You feel like you could take on the world and win, and maybe you could, but don't scatter your energy in all directions when there is one specific task that needs to be done.

♍ Virgo Aug. 24- Sept. 22 What happens today may take you by surprise but if you think about it you will realize you have been through similar situations on numerous previous occasions, so why worry? There really is nothing new under the sun.

♎ Libra Sept. 23-Oct. 23 No matter how many things have gone wrong in the past everything will go right for you today, especially socially where, for one reason or another, you have not been at your best in recent weeks.

♏ Scorpio Oct. 24-Nov. 22 Stay calm and use logic, rather than emotion to solve a problem that has defeated many good people. The trick is to see what is actually there, rather than what you want to see.

♐ Sagittarius Nov. 23-Dec. 21 Mercury in your sign will help you think and see clearly. Others will be amazed at how quickly you reach the correct decision and will see you as some kind of guru.

♑ Capricorn Dec. 22-Jan. 20
A more introvert phase has begun and you have no desire to spend your valuable time partying or pursuing aims that are ultimately self-defeating.

♒ Aquarius Jan. 21-Feb. 18
You don't have to defend your beliefs against people who seem to delight in knocking down dreams they don't understand. If you are happy with what you see as the truth that's all that matters.

♓ Pisces Feb. 19-March 20
Mercury, planet of communication, is moving through the career area of your chart, so if you need to reach out to bosses and other important people now is as good a time as any. **SALLY BROMPTON**

Caption contest

FAREED KHAN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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AIR CANADA VACATIONS

Deals of the week

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CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Dec. 31 • 1 wk.
$939
+Taxes & other fees: $222

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Traditional standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1439
+Taxes & other fees: $275

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 24 • 1 wk.
PRIVILEGES
$1559
+Taxes & other fees: $275

MEXICO

Ixtapa/Zihuatanejo

Krystal Ixtapa • 4★
All-Inclusive • Deluxe rm.
Jan. 1 • 1 wk.
$1169
+Taxes & other fees: $249

Las Brisas Resort Ixtapa • 4★
All-Inclusive • Deluxe grand
Jan. 8–29 • 1 wk.
$1269
+Taxes & other fees: $249

DOMINICAN REPUBLIC

Punta Cana Via Calgary

Occidental Grand Punta Cana • 4★
All-Inclusive
Junior suite
Dec. 21 • 1 wk.
$1489
+Taxes & other fees: $309

MEXICO

Puerto Vallarta/ Riviera Nayarit

Dreams Villamagna Nuevo Vallarta • 4 1/2★
Unlimited-Luxury®
Junior suite tropical view with jacuzzi
Nov. 20 & 27 • 1 wk.
PRIVILEGES
$1219
+Taxes & other fees: $276

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 15 • 1 wk.
$1259
+Taxes & other fees: $240

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 15 • 1 wk.
$1299
+Taxes & other fees: $240

USA

San Francisco

Hotel Whitcomb • 3★
Continental breakfast
Double guest rm.
Dec. 3, 5 & 7 • 3 nts.
$549
+Taxes & other fees: $116

HAWAII | Honolulu

Park Shore Waikiki an Aqua Hotel • 3★
Savvy saver hotel rm.
Jan. 4 & 10 • 1 wk.
$699
+Taxes & other fees: $110

CRUISE

Celebrity Cruises[2]

Celebrity Summit℠
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 10
Jan. 15 • 1 wk.
$1429
+Taxes & other fees: $146

The Venetian

THE VENETIAN & THE PALAZZO

USA

Las Vegas

The Venetian • 5★
Continental breakfast • Venezia bella suite
Dec. 13 • 3 nts.
$549
+Taxes & other fees: $133

The Palazzo Resort, Hotel & Casino • 5★
Luxury suite
Dec. 13 • 3 nts.
$549
+Taxes & other fees: $133

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THE VENETIAN THE PALAZZO

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 9 & 13, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. [1]Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to Montego Bay, Jamaica via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ To qualify for the Air Canada Extravelganza promotion, you must be an Aeroplan Member and you must register by Dec. 15, 2010. A one-time registration for all offers is required and can be completed online at www.aircanada.com/extravelganza or by calling 1 800 342-8026. Applicable for travel between September 15 and December 15 2010 on eligible flights operated by Air Canada and Jazz. This promotion is subject to change without notice and cannot be combined with any other offer or promotion. The Bonus Aeroplan Miles earned are not Air Canada Status Miles and do not count towards Air Canada Top Tier status. For complete details, terms and conditions visit www.aircanada.com/extravelganza. [2]Celebrity Cruises Inc. ships' registry: Malta and Ecuador. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

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